



WHITE ROSE DIVING INVITATIONAL 2018

13th & 14th October

at the

Leeds Aquatics Centre

John Charles Centre for Sport

Leeds

LS11 5DJ

www.diveleeds.com

Entries to be sent to:

City of Leeds Diving Club

C/o Ann Barker

24 Lyndale Road, Eldwick, Bingley,

West Yorkshire, BD16 3HE

AnnBarker@aol.com

More information contact:

Joe Meszaros

joe.meszaros@leeds.gov.uk

Harriet Jones

harriet.jones@leeds.gov.uk



The White Rose Novice Diving Invitational
13th & 14th October 2018

In conjunction with Leeds City Council the City of Leeds Diving Club is proud to invite you to the 2018 White Rose Novice Diving Invitational.

The competition will be held at the John Charles Centre for Sport, Aquatics Centre in South Leeds. The pool is a state of the art facility boasting a full complement of springboards and platforms with a fully equipped dryland training area.

The divers will perform 12 skills. These skills will be divided into 3 stations of 4 skills and assessed with 3 judges at each. The competitors will be divided across the 3 stations and rotated once each station has finished. Once the final result has been calculated the top 6 divers will progress to the final where 3 designated skills will be repeated.

Awards will be given to the top 6 finalists, Top Coach and the Top Team will receive the White Rose trophy.

On behalf of the organising team, the City of Leeds Diving Club and Leeds City Council, we look forward to welcoming you to what will be one of the most exciting novice competitions this year!!!

Yours in Diving

Joe Meszaros
CITY OF LEEDS DIVING CLUB

Training Slots

Friday 12th October

Open Training 13:30 – 8.00pm

Available training slots:

Training Slot 1 – 2:30 – 4.00 pm

Training Slot 2 – 5.00 – 6.30 pm

Training Slot 3 – 6.30 – 8.00 pm

Please can any clubs wishing to train on the Friday contact the Diving Office in advance to inform us of your arrival. The Diving Training Scheme is still in operation during the day and we will timetable you in at an appropriate time to ensure you have access to the right boards. Email: joe.meszaros@leeds.gov.uk or harriet.jones@leeds.gov.uk

Event Conditions

GROUP E (8/9yrs), GROUP D (10/11yrs), GROUP C (12/13yrs)

Preliminary

Divers will perform all 12 skills as follows in the circuit rounds:-

Poolside	1m Springboard	3m Springboard
1. Plain Header	1. x2 bounce 100A	1. Forward Straight Fall (1.2)
2. 200C with armswing	2. 200A with armswing	2. Forward Sitting Tuck to Pike Roll (1.2)
3. 101C	3. x1 Dive from list A*	3. Back Fall Straight – Hands on thighs (1.4)
4. 100B with armswing	4. x1 Dive from List B*	4. Back Tuck Roll from Crouch (1.3)

List A: 101c (1.2) 101b (1.3) 103c (1.6) 103b (1.7) 401c (1.4) 401b (1.5)

List B: Back Fall Straight (1.0) 201c (1.5) 201b (1.6) 301c (1.6) 301b (1.7)

**NOTE: Forward and Reverse Dives (this does not include x1-2 bounce 100b on 1m) may be performed Standing, X2 Bounce or Hurdle.*

**NOTE: Group C must perform 100a on 1m with a hurdle step.*

Final

Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

1m Springboard	3m Springboard
1. x1 Dive from List A*	1. Repeat x1 Entry from the Preliminary
2. x1 Dive from List B*	

GROUP B+ (14/16yrs)

Preliminary

Divers will perform all 10 skills as follows in the circuit rounds:-

1m Springboard	3m Springboard
1. Dive from list D*	1. Dive from List E
2. Dive from List C*	2. Dive from List F
3. Dive from List D*	3. Dive from List F
4. Dive from List C*	4. x1 Forward Line Up
5. Dive from list D*	5. x1 Backward Line Up

List C: 101c(1.2) 101b(1.3) 103c(1.6) 103b(1.7) 401c(1.4) 401b(1.5) 402c(1.6) 403c(2.2)

List D: 201c(1.5) 201b(1.6) 301c(1.6) 301b(1.7) 5221d(1.7) 5122d(1.9) 202c(1.5) 203c(2.0) (Repeats are allowed at 1.0)

List E: 101c(1.4) 101b(1.5) 103c(1.5) 103b(1.6) 105c(2.2) 401c(1.3) 401b(1.4) 403c(1.9)

List F: 201c(1.7) 201b(1.8) 301c(1.8) 301b(1.9) 5231d(2.0) 5132d(2.1) 203c(1.9)

3m Fwd Line Ups: Pike Fall Hands Grabbed (1.0) Sitting Tuck to Pike Roll (1.2)

3m Back Line Ups: Standing Back Fall Straight (1.4) Crouch Back Tuck Roll (1.3)

**NOTE: Forward and Reverse Dives may be performed Standing or Hurdle*

Final

Top 6 Divers will advance to the final and perform the following skills (no carry over score):-

1m Springboard 3m Springboard

1. x1 Dive from List C* 1. Repeat x1 Line Up from the Prelim
2. x1 Dive from List D*

Eligibility

Please consider the following eligibility clauses carefully when selecting events for your divers.

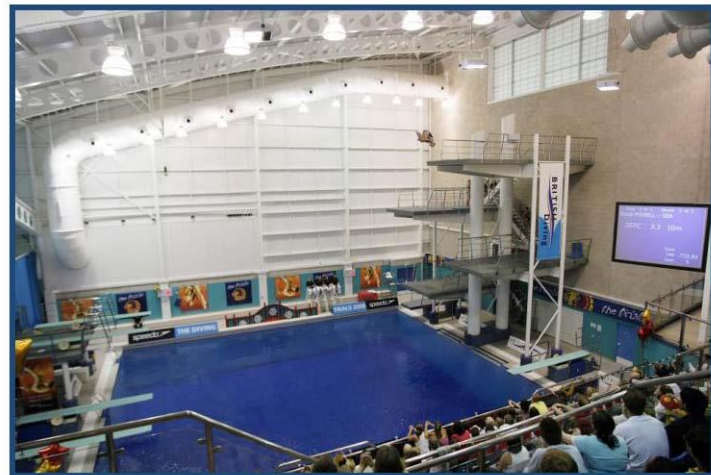
- Once a diver has competed at National Age Group Championships they're excluded from competing at future Skills finals except from written approval from the competition organisers when moving into the B+ Age Group.
- If a Diver has dived in any Elite event they are not eligible to dive at White Rose – this NOVICE event is aimed at divers starting out along their diving career.

JUDGING

In order to satisfy the judging requirements for this type of event we will supply a judge for each panel at each station in the preliminary. The rest of the panels will be made up from the attending clubs. There will be 3 judges per station. We will nominate a referee for each panel.

In the Finals there will be a panel of 5 Judges – one from Leeds and the rest from the attending clubs.

Judges lists will be posted in advance.



T-SHIRTS

White Rose 2018 T-shirts will be available at a cost of £12. If you are interesting in purchasing one, please contact Leanne Jalland – events@diveleeds.com

ENTRY FORMS

Please complete the Entry Form (photocopy as appropriate) and return it to Ann Barker by **Saturday 10th of September**

ENTRY FEES

£12.00 per diver

All Payments to be made payable to 'The City of Leeds Diving Club'

*****Late Fees = a £5 fee will incur if entries are submitted past the deadline**

INFORMATION PACK

All teams will receive an information pack at the Technical meeting. This will include the programme, start orders, pool safety guidelines and other general information regarding the weekend.

DIVE SHEETS

Dive Sheets must be submitted on line electronically prior to your arrival.

Close of play for electronic dive sheets is: Wednesday 10th October

Divers/Coaches are requested to submit dive sheets electronically, both for their own convenience and to minimize the chance of errors loading the data into the Recording program. Coaches may make bulk submission of dive sheets on behalf of their divers by using the program DiveSheets with which they will already be familiar. Alternatively, individual divers may submit their own dive sheets on-line. Please agree with your coach which method you should use.

To submit your dive sheets on-line there are two options:

- Either visit: www.diverecorder.co.uk/onlinesheets and follow the instructions, or
- if you have an Android phone or tablet, you can get the **ADiveSheets app** from this page on the DiveRecorder website: www.diverecorder.co.uk/dive/android

As soon as you complete either on-line submission method you will see a success/failure message. If successful you will be sent an automatic email confirming receipt of your details and dives.

You can check your submitted dive sheets a few days before the event online at www.diverecorder.co.uk/live. If you experience problems and need assistance please contact Ann Barker (AnnBarker@aol.com).

We will allow changes to dive sheets up to one hour before the start of the each day's events.

LIVE RESULTS

Live results will be available at www.diverecorder.co.uk

PROVISIONAL TIMETABLE OF EVENTS

Please note this is a provisional timetable of events and all times/days are subject to change depending on the number of divers in each event.

Saturday 13th October 2018

09:30 – 10:15 Restricted Training for Session 1 divers only
10:15 Session 1
 Group E Girls
 Group E Boys
 Group D1 Boys
 Group D2 Boys
 Group C1 Girls
 Group C2 Girls
 Group B+ Boys

15:45- 16:15 Restricted Training for Finals
16:15 Dive Show
16:30 Finals

Estimated finish time 18:30

Sunday 14th October 2018

09:00-09:45 Restricted Training for Session 2 divers only
09:45 Session 2
 Group D1 Girls
 Group D2 Girls
 Group C1 Boys
 Group C2 Boys
 Group B+ Girls

13:30- 14:15 Restricted Training for Finals
14:15 Finals

Estimated finish time 16:00